



QUICK START GUIDE



PERFORMANCE MONITOR (PM5)



PM5



PERFORMANCE MONITOR USE

IMPORTANT NOTE:

For additional information about Concept2, complete warranty details, or to register to receive product updates, please visit:

concept2.com/registration



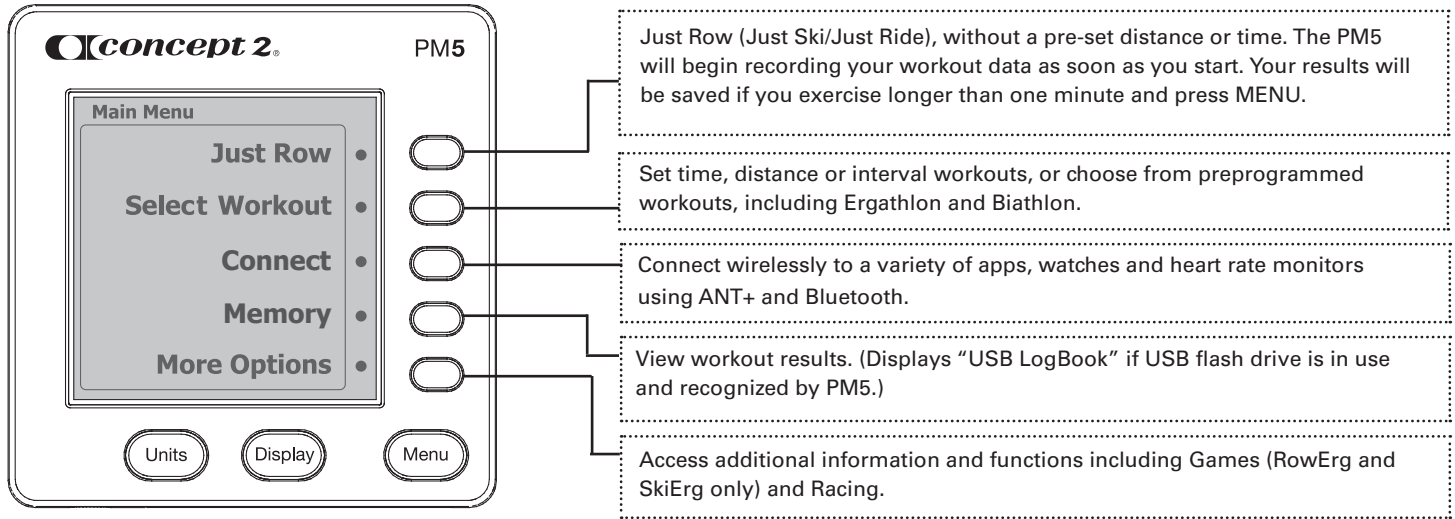
Concept2, Inc.
105 Industrial Park Drive
Morrisville, Vermont 05661 USA
concept2.com/contact

EN PERFORMANCE MONITOR (PM5)

The PM5 is included with all Concept2 RowErgs, SkiErgs and BikeErgs.

The operation and features of the PM5 are the same on all of these machines, though the displays and units will vary slightly depending on which machine you use.

The PM5 delivers reliable, comparable data for every workout and has Bluetooth and ANT+ wireless connectivity, allowing it to connect to heart rate belts, fitness devices and apps, including our own ErgData app and free online logbook.



RECORDING RESULTS, GETTING CONNECTED AND STAYING MOTIVATED

Recording workout data lets you track progress and measure your results. The PM5 automatically saves your workout data.

Concept2 provides a free Online Logbook, where you can store all your data for easier tracking and analysis. The Online Logbook also lets you participate in Concept2's annual series of challenges and motivational programs. Set up your free online logbook at concept2.com/logbook.

Options for transferring workout results from the PM5 to your online logbook include:

- ➔ **RECOMMENDED: Concept2's free ErgData app.** Available for both iOS and Android, ErgData connects wirelessly to the PM5 via Bluetooth. It enables easy uploading of your results to your online logbook. It also provides additional performance statistics and display options on your device during your workout and stores your results. concept2.com/ergdata.
- **Concept2 Utility.** Free software that enables you to use a USB cable or flash drive to transfer results from the PM5 to your online Logbook. concept2.com/usbflashdrive and concept2.com/utility.
- **Manual Entry.** Enter your results to your online logbook manually at concept2.com/logbook.

Firmware

Firmware is the internal software that runs your Performance Monitor. Your PM5 comes preinstalled with the latest firmware, however, new and improved versions are offered regularly. Visit concept2.com/pm5firmware to update your PM5 using the free Concept2 Utility.

Calibration

BikeErg

The BikeErg will prompt you periodically to confirm the calibration, including whenever you program a distance that is part of our Online World Ranking. The process is simple and the PM5 will guide you through it. To confirm the calibration or start a full calibration at any other time, press More Options > Utilities > Calibration Utilities.

After moving the BikeErg to a different location, confirm the calibration to ensure accurate results.

RowErgs and SkiErg

Calibration on RowErgs and the SkiErg is performed automatically during the recovery phase of each stroke. Additional calibration is not necessary.

Visit concept2.com
for more information.

Sample Display The displays will vary slightly depending on which machine you use.

concept 2 PM5

Total elapsed time: :14 28 s/m

Total meters: 2:28 /500m

Average pace for workout

- RowErg and SkiErg: time per 500m
- BikeErg: time per 1000m

42 m 110

Split meters
The number of meters in a user-set distance or time.

2:42.6 ave /500m

42 split meters

6202 projected m 30:00

Buttons: Units, Display, Menu

Cadence

- RowErg and SkiErg: spm (strokes per minute)
- BikeErg: rpm (revolutions per minute)

Current Pace

- RowErg and SkiErg: time per 500m
- BikeErg: time per 1000m

Heart Rate (optional)
Requires additional chest belt.

Projected Finish
If current pace is maintained.

UNITS
Push at any time to change units between Meters, Pace, Watts and Calories.

DISPLAY
Push to change display between All Data, Force Curve, Pacer, Bar Chart, Large Print.

MENU
Push to power up the PM, display the previous menu, or save workout results.

PM5 Views

Back View of PM5

Battery cover

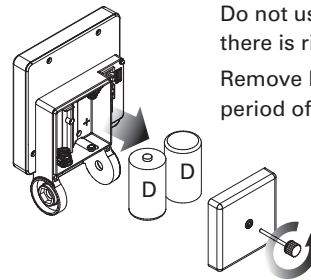
Reset button

USB flash drive port

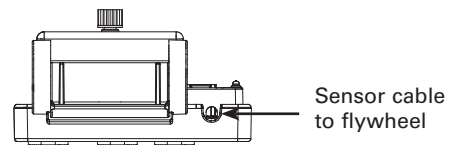
Race system jacks (2) used for connecting PMs for racing.

USB-B

Use 1.5 volt alkaline D Cell (LR20) batteries. Do not use lithium or 3.6 volt batteries, as there is risk of fire or explosion. Remove batteries when not in use for a period of four months or more.



Bottom View of PM5



More Information

Using a Heart Rate Monitor:

The PM5 will receive and display heart rate data directly from a Bluetooth, Suunto™, Garmin™ or ANT+™ HR chest belt. See **More Options** for set up.



Cleaning the PM

Use a cloth lightly dampened with water only. Do not spray with a cleaner or store outdoors.

Troubleshooting

Visit concept2.com/pm5.

WARNING! Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

COMPLIANCE INFORMATION:

Part Name/部件名称	Toxic or Hazardous Substances and Elements/有毒有害物质和元素					
	Lead/铅 (Pb)	Mercury/汞 (Hg)	Cadmium/镉 (Cd)	Hexavalent Chromium/十六价铬 (Cr6)	Polybrominated Biphenyls/多溴联苯 (PBB)	Polybrominated Diphenyl Ethers/多溴联苯醚 (PBDE)
PM5 Assembly/PM5 组件						
Main PCA/主 PCA	○	○	○	○	○	○
LCD Display 液晶显示器	X	○	○	○	○	○
Keypad/键盘	○	○	○	○	○	○
Battery Contact Metalwork/电池触点金 属片	○	○	○	○	○	○
Plastic Enclosure/ 塑料外壳	○	○	○	○	○	○
All Fasteners/ 所有紧固件	○	○	○	○	○	○

O: Indicates that this toxic or hazardous substance contained in all of the homogeneous materials for this part is below the limit requirement in GB/T 26572-2011.
○ 表示此部件的所有均质材料所含的这种有毒有害物质的量低于 GB/T 26572-2011 标准要求。

X: Indicates that this toxic or hazardous substance contained in at least one of the homogeneous materials used for this part is above the limit requirement in GB/T 26572-2011.
X 表示此部件中至少一种均质材料所含的这种有毒有害物质的量高于 GB/T 26572-2011 标准要求。

The cable assembly from the LCD display to the Main PCA is included in the Display PCA declaration.
连接 LCD 显示屏和主 PCA 的电缆组件含在显示屏 PCA 声明中。



R-NZ



Bluetooth 4.2 및 ANT 무선 가능.
운동기구는 LR 20 배터리 (2 개) 으로 작동되며,
4V 직류 전원
124mm x 170mm x 70mm
무게 330g (배터리 제외)

상 호 : Concept2 Inc.
제 품 : 특정소출력무선기기(
무선데이터 통신시스템용 무선기기)
모 델 : PM5
인증번호 : R-C-j2m-1818
제 조 자 : Concept2 Inc. / 미국

Note: As shown above, this device contains small amounts of lead. This lead is only present in glass or ceramic (other than dielectric ceramic in capacitors, e.g. piezoelectric devices), or in a glass or ceramic matrix compound, per directive (EU) 2015/863 exemption 7 (c) I.

FCC ID: J2MPM5

WARNING: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Consult the dealer or an experienced radio/TV technician for help.

This device complies with Part 15 of the FCC. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

IC: 6620A-PM5

Industry Canada (IC) Compliance Statement

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions:

(1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Industrie Canada (IC) Déclaration de conformité

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Patent application U.S. serial number 11/169712 and its corresponding applications in other countries are owned by Suunto Oy (Finland)

The Concept2 PM5 is compliant with all applicable European Union CE Marking Directives, including:

- Directive 2014/53/EU of the European Parliament and of the Council of 16 April 2014 (RED Directive) on the harmonization of the laws of the Member States relating to the making available on the market of radio equipment.
- Directive (EU) 2015/863 of 31 March 2015, which amends Directive 2011/65/EU on the Restriction of the Use of Certain Hazardous Substances in Electrical and Electronic Equipment.

Additional regulatory and compliance information may be found in the PM5 by pushing **More Options > Utilities > More Utilities > Regulatory**.

Do not use Power-over-Ethernet with this product.